



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# TACO BEEF

**Time: 20 minutes**

**Serves: 8**

### Ingredients:

1kg extra-lean ground beef  
25g chili powder  
15g onion powder  
10g salt  
8g paprika  
5g ground oregano  
3g ground cumin  
3g fresh ground black pepper  
3g garlic powder

### Preparation:

Place a large frying pan on medium-high heat.

Add all ingredients, stirring occasionally and breaking apart clumps of beef. Cook until beef is browned.

### Nutritional Information Per Serving:

Calories: 144	Palms of Protein: 1
Fat: 3g	Fists of Vegetables: 0
Carbs: 1g	Cupped Hands of Carbs: 0
Fibre: 0g	Thumbs of fat: 0
Protein: 28g	